

News For

SWIM PARENTS

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Swim Meets

We participate in a variety of swim meets ranging from the most basic novice level dual meet to statewide and regional championship meets. Many meets are low key and designed to be learning experiences. Winning means improving start, stroke, turns, pace, and time. Racing, the ability to race, and the strategies in racing are a close second priority. Beating someone else is a bonus but not overly emphasized except for higher levels of competition. We try to attend invitational meets about every 4 to six weeks. We may hold novice level meets more frequently, sometimes weekly, at our home pool.

Coaches will ask parents for permission to enter their children in swim meets. Usually there is about a two to a four week advanced notice of meets. Once approval is made the coaches will enter the swimmers in appropriate events and times. In general, we swim all strokes in meets and aim toward the more challenging events.

Swim meets are preceded by a warm up period of 60 to ninety minutes. The coaches will tell parents what time swimmers are expected to be at the meet. Once at the meet, the coach will manage all the warmup swimming, speak with swimmers before each swim, and review the swim with the swimmer immediately after. Parents should find a comfortable place to view the meet away from the immediate side of the pool. (Most of our swim parents sit together.) Parents are not to engage in coaching their children at the meets. However, parents are welcome to speak with coaches at appropriate times during the meet.